REHABILIATION PROTOCOL: DISTAL RADIUS OPEN REDUCTION INTERNAL FIXATION

**Phase 1 (Weeks 0-6)**

* Immobilized in volar splint for 2 weeks, then removable wrist splint for 6 weeks. Can remove for hygiene and exercises.
* Range of motion (ROM): After splint taken down at first postoperative visit can begin active and active assisted ROM of the wrist. Avoid passive ROM.
* Strengthening: Avoid
* Work restrictions:
  + May type and write
  + No lifting, pushing, pulling, or driving/operating heavy machinery
  + No lifting >1/2 pound
  + Full time splint use in workplace

**Phase 2 (Weeks 6-12)**

* ROM: Aggressive active and passive ROM
* Strengthening
  + Start light grip strengthening at 6 weeks
  + Start wrist extension, flexion, pronation, supination strengthening at 8 weeks
  + When strength 80% of contralateral side in grip and lifting from floor, transition to work-specific program

**Phase 3 (Weeks >12)**

* ROM: Continue aggressive active and passive ROM
* Strengthening: Continue wrist extension, flexion, pronation, supination strengthening
* Work restrictions:
  + Heavy laborers should be ready to return to work without restrictions
  + Unusually high demand activities may need some additional work-specific program